

ATHLIFE

Official Education Advising Partner of The Trust

**“Just one small positive thought
in the morning can change
your whole day.”**

- Dalai Lama

Trust Scholarship News



Scholarship Period Opens In May

The next Trust Scholarship application period opens on May 13th and will cover Fall 2024 term enrollment. Please schedule a call with your [AthLife Advisor](#) for more information and to get started on the process.

Important Tuition Invoice Instructions

Don't forget to submit your official Spring 2024 tuition invoice to scholarship@playerstrust.com now or before the end of the current term. You can find your tuition bill in your student portal or contact your school's financial office. Please allow two weeks for the payment to process.

Spring Scholarship Award Information

On Monday, April 22nd, the Trust emailed award notifications to those individuals who applied for the Trust Scholarship in March. Please check for an email from the Trust, and if awarded, be sure to follow the instructions to **accept your scholarship award**.



AthLife Star of The Month



Congratulations to Carl Bland who recently earned an Education Specialist (Ed.S.) degree in Educational Leadership from Indiana Wesleyan University. Carl has worked in the education field, in both teaching and administration roles, for close to 30 years. **Way to go, Carl!**

Change Your Mindset and Redefine Your Circumstances

A positive outlook is essential for success. Possessing a positive mindset means making positive thinking a habit and continuing to make the best out of every situation. [Review the strategies below](#) to help you adopt a positive mindset and redefine your circumstances.

- **Choose Excellence** - Give the best effort you can in every situation and excel.
- **Positive Influences** - Surround yourself with those who want you to succeed.
- **Focus on Your Vision** - Determine your main goals and make a plan to achieve them.
- **It's Okay to Have Fun** - Seek humor in your everyday life to help reduce stress.

Is it Time to Celebrate?

Are you graduating or completing your education program this Spring or Summer? If so, please notify your [AthLife Advisor](#) of your program completion to receive your **special gift** from the Trust. Congratulations from AthLife!

Education Decision- Making Tips

When making a life-changing decision, such as returning to school, there are several concepts to first explore. [Review these tips](#) to help make the best decision about continuing your education.

- **Determine Priorities** - Define your main objective for continuing your education.
- **Cost of Deciding** - Determine the costs of continuing your education or not enrolling.
- **Beware of Emotions** - Do not let your emotions control your decisions.
- **Implement a Filter** - Use questions to analyze your decisions.
- **Do Your Research** - Research and review information before you make your decision.



Good Reads

- [Balancing Life, Work and Graduate School](#)
- [Take a Break and Increase Your Focus and Productivity](#)
- [Tips for Completing Your Goals](#)
- [Is It Time to Finish My College Degree](#)
- [How to Make the Most of a Day](#)

